



Winning@Wellness

Being Outdoors is Good for Your Health

According to the Environmental Protection Agency (EPA), the average American spends 93% of their life indoors. This is unfortunate considering that spending time outdoors is one of the easiest ways to improve your overall health and wellbeing.

Here are a few simple ideas to help you spend less time inside and more time enjoying nature:

- Work outside while working from home
- Read on your porch or deck
- Do daily activities outside (checking your email, making phone calls)
- Start a garden in your backyard
- Go for a daily walk
- Eat meals outside
- Pick-up an outdoor hobby
- Take your kids to the park
- Walk the dog
- Take your lunch break outside
- Plan at least one outdoor activity each weekend



Try a few of these ideas this week. Spending more time outdoors has been proven to improve mood, reduce stress, help you feel energized, and many other positive benefits.

Source: <http://info.totalwellnesshealth.com/blog>

Did You Know?

Excessive alcohol intake can increase your risk for several chronic conditions, including liver disease and some cancers. Alcohol abuse can also have a negative impact on your job, relationships and safety—both yours and those around you.



For help go to:

<https://dmh.mo.gov/ada/help.html>

New Insect Repellent Graphic

Skin-applied insect repellent products have a new graphic to help consumers easily identify the amount of time the



product lasts. You may see one of three versions of the graphic on a product label showing mosquitoes, ticks, or both

and how long they are repelled.

Learn more at <https://www.epa.gov/insect-repellents/repellency-awareness-graphic>

Prebiotics and probiotics work together to maintain the health of your digestive system.

Try combining foods that contain both prebiotics and probiotics, such as whole grain crackers with Gouda cheese or onions and garlic stir-fried with tempeh to get both at the same time.

Source: <https://health.gov/>



Did you know DHSS has a **blood pressure self-monitoring program** for employees?
See our website for a list of locations:

<http://dhssnet/worksitewellness/bloodpressure.php>

Baked Turnips

6 servings

Ingredients:

12 small turnips, leaves attached
1/4 cup olive oil
Salt and pepper



Instructions:

Preheat the oven to 350 degrees F. Wash and trim the root base from the turnips. Line a roasting pan with aluminum foil, covering its edges. Lay the turnips down, with the stem and leaves folded under the turnip bulb. Drizzle with olive oil and season with salt and pepper. Tightly cover the turnips with more aluminum foil and bake for 30 minutes.

<https://seasonalandsimple.info/recipe/details.aspx?RecipeID=588>

THE GOOD AND THE BAD

HDL, LDL AND TRIGLYCERIDES



Do you know the difference between the types of cholesterol and their effects on the body?

The American Heart Association has created the Interactive Cardiovascular Library using animations to explain many topics of health. Check it out at: https://watchlearnlive.heart.org/CVML_Player.php

